

Peter Kirk Pool 2013

340 Kirkland Ave

Open June 3–Sept. 2, 2013

Swim Lessons 425.587.3336

Pool Hotline 425.587.3335

www.kirklandwa.gov/aquatics



POOL FEES

Facility Admission For Public Swim & Lap Swim & Family Swim
CASH OR CHECK ONLY

Single Facility Admission
(all ages, swimming or non-swimming) \$4

Save Money While You Swim

*10-Visit Pass \$35

*Individual Season Pass \$90
Unlimited pool admission for one person.

*Household Season Pass \$260
Unlimited pool admission for two named adults listed on membership card and their named dependent children and/or grandchildren age 18 and under.

Pass holders please check in with cashier prior to entering the Peter Kirk Pool Facility.

*10 visit passes, Individual Season Passes and Household Season passes can be purchased after June 3rd during daily public swim.

2013 Public Swim Schedule

June 3 – June 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–9am	5:30–9am	5:30–9am	5:30–9am	5:30–9am	
Public Swim & 1-Lane Lap Swim	7–8:30pm		7–8:30pm		5:30pm–8:30pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm
3-Lane Lap Swim		7pm–8:30pm		7pm–8:30pm		

June 24 – August 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–7am	5:30–7am	5:30–7am	5:30–7am	5:30–9am	
Senior 50+ 3-Lane Lap Swim					10:45am–12:15pm cancelled 8/2/13	
Wading Pool Only Public Swim					10:45am–12:15pm cancelled 8/2/13	
Public Swim & 1-Lane Lap Swim	12:30–2pm 2:10–3:40pm 7:30–8:30pm	12:30–2pm 2:10–3:40pm	12:30–2pm 2:10–3:40pm 7:30–8:30pm	12:30–2pm 2:10–3:40pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm
3-Lane Lap Swim		7:30–8:30pm		7:30–8:30pm		
Public Swim Family Fun Night					5:30–8:30pm	

August 19 – August 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:30–9am	6:30–9am	6:30–9am	6:30–9am	6:30–9am	
Senior 50+ 6-Lane Lap Swim					10:45am–12:15pm	
Wading Pool Only Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2pm 2:10–3:40pm 7–8pm	12:30–2pm 2:10–3:40pm	12:30–2pm 2:10–3:40pm 7–8pm	12:30–2pm 2:10–3:40pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm
Public Swim & 3-Lane Lap Swim		7–8pm		7–8pm		
Public Swim Family Fun Night					5:30–8pm	

August 26 – September 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	7–10:30am	7–10:30am	7–10:30am	7–10:30am	7–10:30am	
Public Swim & 1-Lane Lap Swim	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–5:20pm 5:30–7pm	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–5:20pm	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–5:20pm 5:30–7pm	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–5:20pm	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–7pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm
Public Swim & 3-Lane Lap Swim		5:30–7pm		5:30–7pm		

Dates That Will Affect Regular Pool Schedule

July 4, Thursday

Will follow Saturday Pool Schedule

Aug 2, Friday

10:45–12:15pm Senior 50+ Lap Swim
and Wading Pool Only Public Swim
Cancelled

September 2, Monday

Last Day Pool Is Open
Will Follow Saturday Pool Schedule

**Unscheduled Facility Closures
Can Occur with Limited Notice.
Please Call 425.587.3335
for Pool Information**

Pool Rule Highlights

Be safe and make your visit enjoyable!

- Those who are not potty trained must wear swim diapers.
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items.
- Water wings are not permitted but coast guard approved lifejackets are available for use at the facility
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening or other inclement weather conditions. Please call the pool hotline for updated pool information 425.587.3335.
- A ratio of 3 children, under the age of 7 per one adult is in effect for all swims. Children under 7 years who cannot pass the swim test must be accompanied by an adult into the water at all times.
- All swimmers must be able to pass the swim test, 25 yards of crawl stroke with side breathing, to enter water deeper than his or her chest depth.
- A shower is required prior to entering either the main or wading pool.
- Children 10 years & under require adult supervision and may not be left unattended in the facility.

Swim Lessons – page 38

Swim Team – page 37

Private Pool Rentals – page 36

6-Lane AM Lap Swim

6 lanes available for lap swim. Lap Lanes are marked: Fast, Medium and Slow. Swimmers must swim laps and follow swim etiquette rules as posted. Please bring exact change.

Wading Pool Public Swim

Wading Pool Public Swim is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people.

Public Swim and 1-Lane Lap Swim

Children under 7 years must be accompanied in the water by an adult (18 and over) at all times. 1 lane lap swim is available for swimmers to swim laps. Lap swimmers must follow lap swim etiquette. Wading Pool is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people.

3-Lane Lap Swim

Lap swim is available in 3 lanes of the main pool. Lap swimmers must follow lap swim etiquette. Lap Lanes are marked: Fast, Medium and Slow

Senior 50+ 3-Lane Lap Swim

NEW! Lap swim is available in 3 lanes of the main pool. Lap swimmers must follow lap swim etiquette. Lap Lanes are marked: Fast, Medium and Slow.

**Family Fun Night &
Private Pool Rentals – page 36**

★ SWIM TEST ★

Kirkland Lifeguards ask swimmers under 13 to demonstrate a strong crawl stroke using side breathing in order to enter water deeper than his or her chest depth. The test determines the child's swimming ability and endurance level. A child who tires easily may become panicky, even though he/she may have some basic swimming skills. Often times, a child who has passed the test is seen in deep water "dog paddling" or struggling to get to the poolside. In these situations, the lifeguards will ask the child to return to the shallow end. It is common for children to over-estimate their own abilities. Over 1,500 children and teens die every year across the United States due to accidental drowning. For this reason, we have established a requirement concerning minimum skill and endurance levels for entering deep water as part of our water safety education program.



Friday Night Family Fun Nights

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave.

Space is limited to the first 270 people!

Please check the schedule for event times – Page 34

June 28th	Party with Disney
July 5th	50's Sock Hop
July 12th	Fiesta at the Pool
July 19th	Luau
July 26th	Beach Blanket Bingo Game Night

Aug 2nd	Hook Line & Seafair
Aug 9th	Marti Gras Party at the Pool
Aug 16th	Hoop It Up Basketball Bash!
Aug 23th	Picnic Pool Party

RENT THE POOL!!! CALL 425.587.3336

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include life-guards, pool toys, and party deck space. Rentals must be reserved and paid at least 72 hours in advance, based on availability. All pool rules are in effect.

Outside food and drink welcome ex. cake, pizza, etc

RENTAL FEES	1 hour	2 hours	3 hours
Both Pools	\$200	\$330	\$440
Main Pool Only	\$170	\$280	\$365
Wading Pool Only	\$85	\$120	\$160

Sales Tax will be added to all Pool Rental Fees

Lifeguarded Swimming Beaches

Lifeguards will be on duty July 1st through September 2nd between the hours of 12-6pm at Houghton, Waverly, and Juanita Beach!

Lifeguards will be off duty on inclement weather days or when air temperature is under 65 degrees.

Open Water Swim Test administered by Lifeguards to children 12 and under at either Houghton, Waverly, and Juanita Beach requires a minimum of 25 yards crawl stroke with side breathing. (Those demonstrating a weak stroke will not be permitted to go beyond the shallow water buoy line.) Adults 18 years and older must remain within arm's reach of non-swimming children under the age of 7.

**Check the guard on and off
duty signs on inclement
weather days.**

Houghton Beach Swimming Area **NEW HOURS**

5811 Lake Washington Boulevard,
Kirkland, WA

Houghton Beach Lifeguard Hours
July 1st – September 2nd
Monday – Sunday 12-6pm

Houghton Beach Swimming Area has a long pier and a large dock with good shallow areas for children.

Free loaner lifejackets are available, please see lifeguard



Waverly Beach Swimming Area **NEW HOURS**

633 Waverly Way, Kirkland, WA

Waverly Beach Lifeguard Hours
July 1st – September 2nd
Monday – Sunday 12-6pm

Waverly Beach Swimming Area provides an area completely enclosed by a "U" shaped pier.

•Free loaner lifejackets are available, please see lifeguard

Juanita Beach Swimming Area

NEW GUARDED BEACH

9703 NE Juanita Drive, Kirkland, WA

Juanita Beach Lifeguard Hours
July 1st – September 2nd
Monday – Sunday 12-6pm

Juanita Beach Swimming Area provides an area completely enclosed by a "U" shaped pier with a sandy beach and shallow area.

•Free loaner lifejackets are available, please see lifeguard

Day Camps and/or groups larger than 15 people are encouraged to contact the staff at either Houghton, Juanita or Waverly, 48 hours in advance of an intended visit. Advance notice is appreciated. Call 425.587.3334.



KIRKLAND ORCA SWIM TEAM

Swim Team League Website: www.kirklandwa.gov/orcaswimteam

Registration for returning Swimmers begins March 20th.
Enrollment ends for returning ORCAS Thurs., May 24 @ 4pm.

Tryouts for new participants, regardless of age, is Sat. June 8 at 9am.

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers between the ages of 6 to 18 (age as of July 1, 2013.) Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Mountlake Terrace, Everett / Snohomish, and South Snohomish County Dolphins.

Informational Meeting

6-7pm, Monday, June 10, Peter Kirk Community Center. Participants will meet the coaches and be given information about the season.

How to Register New Participants:

New participants, regardless of age, will need to attend the team tryouts on June 8 at the Peter Kirk Pool at 9am in order to assess minimum skills required. Children ages 6 to 8 (age as of July 1, 2013) must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke and those 9 and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in order to participate on the team.

Once passing minimum skill requirements, names will be placed into a lottery, divided up by age group and gender. Names will be drawn, starting with the youngest age group, filling the available spaces on the team.

Registration for new participants will take place June 8 at Peter Kirk Pool after tryouts. Participants will be asked to register into specific practice time slots for the 2013 season

Resident \$190 plus tax / Non-Resident \$228 plus tax

Returning Participants:

Returning Participants (any person who has previously participated on the swim team), can register online at www.kirklandparks.net, in person, or over the phone beginning March 20th, online registration available at 12:01am. Verification of previous participation will be enforced.

Practices occur four days per week (Monday-Thursday) with meets occurring on Fridays, Saturdays, or Sundays
• Participants will be asked to register for either morning or evening practices • Note: Morning and evening practice times have limited space • Program officially begins June 24 and is scheduled to end Aug 17

Resident \$190 plus tax / Non-Resident \$228 plus tax

Become a faster more efficient swimmer!
See Stroke Lessons Page 46

Parental/Guardian Support:

During the first week of the season, parents will be asked to Sign-Up for volunteer duties that will occur during the entire season. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Communications, Meet Set-up and Clean-up, etc. This is approx. 6 hours of volunteer commitment. **Swim meets are not possible without volunteers.**

Meet Schedule

Home Meet

Sat	July 13	7:30am	Kirkland v Everett
Sat	July 20	7:30am	Kirkland v YOST
Sat	Aug 3	7:30am	Kirkland v Shoreline

Away Meets

Fri	July 26	4:00pm	MLT v Kirkland
Sun	Aug 11	4:15pm	Lynnwood v Kirkland
Sat	Aug 17	7:30am-6pm	CHAMPS at YOST

Season ending team picnic party on Sunday, Aug 18th, 5:30-8:30pm @ Peter Kirk Pool

Enroll by age group and gender into one time slot

Age as of July 1, 2013

Resident \$190 plus tax / Non-Resident \$228 plus tax

AGES 15-18	BOYS	7am-7:50am	39160
	GIRLS	7am-7:50am	39165
AGES 13-14	BOYS	7am-7:50am	39161
	GIRLS	7am-7:50am	39170
AGES 11-12	BOYS	7:50am-8:35am	39162
	BOYS	4pm-4:45pm	39166
	GIRLS	7:50am-8:35am	39171
	GIRLS	4pm-4:45pm	39174
AGES 9-10	BOYS	7:50am-8:35am	39163
	BOYS	4pm-4:45pm	39167
	GIRLS	7:50am-8:35am	39172
	GIRLS	4pm-4:45pm	39175
AGES 7-8	BOYS	8:35am-9:15am	39164
	BOYS	4pm-4:45pm	39168
	GIRLS	8:35am-9:15am	39173
	GIRLS	4pm-4:45pm	39176
AGE 6	BOYS	8:35am-9:15am	39169
	BOYS	4pm-4:45pm	39177
	GIRLS	8:35am-9:15am	39178
	GIRLS	4pm-4:45pm	39179

Swim Team Prep Course

Designed for children interested in joining any competitive swim team and are either unsure of their proficiency or may need some refreshing. Introduction to the four competitive strokes through stroke technique introduction and practice drills. Children should be able to swim 15 yards without assistance or have completed Youth Level Three prior to enrollment.

Participation on the Swim Team Prep Course does not guarantee a spot on the team • Eight 30-minute Lessons (Monday-Thursday)

Resident \$80 / Non-Resident \$96 plus tax

Ages 6-7*	3:50-4:20pm	June 3-13	39191
Ages 6-7*	4:25-4:55pm	June 3-13	39192
Ages 8-9*	5-5:30pm	June 3-13	39193
Ages 8-9*	5:35-6:05pm	June 3-13	39194
Ages 10-13*	6:10-6:40pm	June 3-13	39195

*Participating age as of July 1, 2011

Infant/Toddler, Child,
Youth and Adult

Swimming Lessons

Monday–Thursday

2 weeks: 8 lessons • Child & Youth
(except session 3)

Session 1: June 3–13

Resident \$64 / Non-Resident \$76.80

Session 2: June 17–June 27

Resident \$64 / Non-Resident \$76.80

Session 3: July 1–11

7 lessons: Mon, Tues, Thur and Mon–Thur
Resident \$56 / Non-Resident \$67.20

Session 4: July 15–25

Resident \$64 / Non-Resident \$76.80

Session 5: July 29–Aug 8

Resident \$64 / Non-Resident \$76.80

Session 6: Aug 12–22

Resident \$64 / Non-Resident \$76.80

Monday & Wednesday

2 weeks: 4 lessons • Infant/Toddler

Session 7: July 1, 3, 8, 10

Resident \$40 / Non-Resident \$48

Session 9: July 15, 17, 22, 24

Resident \$40 / Non-Resident \$48

Tuesday & Thursday

2 weeks: 4 lessons

Infant/ Toddler and Adult

Session 8: July 2, 9, 11

****3 lessons in session 8****

Resident \$30 / Non-Resident \$36

Session 10: July 16, 18, 23, 25

Resident \$40 / Non-Resident \$48

Unscheduled facility closures can occur with limited notice. We will have lessons rain or shine but during inclement weather days if you are concerned about facility closures, please contact the pool hotline at 425.587.3335.

**Private/Semi Private
Lessons, see page 45**

Lesson Registration

Choose the Correct Swim Classes:

- #1 Review the skills and minimum age requirements for each level.
- #2 The skills listed are the skills each class will work on.
- #3 Choose the session, dates and time for the appropriate skill level.
- #4 Use the five digit course number listed to register for your class.

**To register call 425.587.3336 or
visit www.kirklandparks.net**

NOTE: If you are signing your child up for multiple sessions of swim lessons, please be advised that it may take your child more than 1 session to move to the next level. It is highly suggested to register your child for the same level more than 1 session before registering them for the following level.

- Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If your child is sick the first few days of a class, they are encouraged to take the remaining days.
- Registration deadline is Thursday at 4pm prior to the next session of swim. No registrations are taken at the Pool.
- Children registered for a class which they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to insure your child is enrolled in the correct class.
- If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary. Report cards will be given on Tuesday of the second week of lessons. Transfer deadline is Thursday by 4pm that same week for all future swim session enrollments that require a new level of swim.
- Students will progress through levels at different speeds depending on several factors such as their age, physical coordination and the number of lessons in each session. When registering for multiple sessions at the start of the summer season we strongly recommend that you do not register for higher levels session to session. It is best to register your child into a level after carefully reading Student Learning Objectives listed for that level. Your child may need more than one session to move up.

Aqua Tot Swim Lessons

See page 41–44 for lessons schedule

Aqua Tots is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing very basic skills, and teaches parent/caregivers how to ensure safety at all times.

Aqua Tots is a two-part program for young children and their parents/caregivers. Children as young as 9 months are able to start the program. Children stay with the program until they are ready to move up to Preschool Lessons, sometime after they reach three years of age.

Aqua Tots is about learning together in the water while you play and have fun. It's about helping your child feel comfortable in the water while promoting water safety. It's about building confidence in the water through encouragement, exploration and support.

A PROVEN APPROACH!

- Aqua Tots helps prevent injuries. It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response.
- Stay safe during activity in or near the water, by properly supporting and supervising your child.

Aqua Tots I

Ages 9 to 24 months

Aqua Tots I encourages children and parents to become comfortable and safe in the water. Primary objectives include: Child initiated pouring water on his or her face, head and body. Blowing bubbles at the surface. Assisted front and back floats with rolling over. Assisted glides through the water, basic arm and/or leg movements.

Aqua Tots II

Ages 20 to 48 months

Aqua Tots II encourages children and parents to become more water safe while increasing readiness skills. Primary Objectives Include: Student initiated movement above and under water, rhythmic breathing, front and back floats and glides, kicking while on front and back, front and back glides with kick, changing direction and rudimentary front swim.

Preschool Swim Lessons

Ages 3 to 5 years See page 41–44 for lessons schedule

Preschool group water adjustment and swim lessons are designed for children 3 to under 6 years of age without the assistance of their parents.

The first two preschool levels are primarily taught in our instructional pool which ranges from 6 inches to 2.5 foot. The shallow water provides a comfortable and friendly learning environment in which young children can move around independently. Students are gradually introduced to more

complex skills and deeper water, progressing to lessons in the shallow end of the main pool at Preschool Level Three.

After completing Preschool Level Five, students have learned some basic deep water skills and may have acquired the ability to pass our swim test, a requirement for swimmers to enter water deeper than chest depth (including use of the diving board.)

With five preschool levels, careful review of the primary objectives is very important

prior to registration. By doing so, you will increase the likelihood of placing your child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class.

If your child is under the age of 4 and you feel they may still benefit from parent/care-giver assistance, we recommend Aqua Tots II prior to entering the Preschool Program.

Preschool Levels	Student Learning Objectives	
Pre-Water Introduction Preschool Level 1	(Instructional Pool Only)	
	<ul style="list-style-type: none"> • Water adjustment • Blow bubbles • 3 Bobs • Front float with support • Back float with support 	<ul style="list-style-type: none"> • Kick on front with support • Kick on back with support • Alternating arms on front with support • Safety skills
Water Introduction Preschool Level 2	(Instructional Pool Primarily) Prerequisite: Completion of Preschool Level 1 or equivalent	
	<ul style="list-style-type: none"> • 5 Bobs • Retrieve object from bottom with eyes open • Front float 3 seconds unassisted • Back float 3 seconds unassisted 	<ul style="list-style-type: none"> • Front glide & kick with float 3 yards (performed in lap pool) • Back glide & kick with float 3 yards (performed in lap pool) • Front crawl with support • Safety skills
Fundamental Aquatic Skills Part 1 Preschool Level 3	Prerequisite: Completion of Preschool Level 2 or equivalent	
	<ul style="list-style-type: none"> • 8 Bobs • Front float 6 seconds unassisted • Back float 6 seconds unassisted • Basic front crawl 3 yards • Rhythmic breathing with support • Basic elementary backstroke 3 yards 	<ul style="list-style-type: none"> • Front glide with kick 5 yards • Back kick and fin 5 yards • Alternating arms on back w/support 3 yards • Bob to safety • Safety skills
Fundamental Aquatic Skills Part 2 Preschool Level 4	Prerequisite: Completion of Preschool Level 3 or equivalent	
	<ul style="list-style-type: none"> • 12 bobs • Basic rhythmic breathing with kicking • Basic back crawl 5 yards • Basic elementary backstroke 5 yards 	<ul style="list-style-type: none"> • Basic crawl stroke 5 yards • Jump into water and recover to wall • Safety skills
Stroke Development Preschool Level 5	Prerequisite: Completion of Preschool Level 4 or equivalent	
	<ul style="list-style-type: none"> • 15 bobs • Back crawl 13 yards • Front crawl 13 yards • Elementary backstroke 6 yards • Breaststroke kick 13 yards • Dolphin kick with support 13 yards • Swim underwater 6 feet 	Must be able to swim 13 yards front crawl before attempting the following skills: <ul style="list-style-type: none"> • Kneeling dive • Compact dive • Tread water 20 seconds • Safety skills

Youth Swim Lessons

Ages 6 to 14 years See page 41–44 for lessons schedule

The City of Kirkland is proud to offer Peter Kirk Pool Learn to Swim Lesson Program. Students can progress through six levels of swimming and safety skills. When students can comfortably and confidently perform all of the skills meeting the required bench-

marks for technique, skill and distance, they can progress to the next level.

A word of caution: Many parents and caretakers make the common mistake, thinking that once their child has gained the ability to swim a width of the pool that the child

is indeed a competent swimmer. **THIS IS NOT THE CASE!** We encourage everyone to work through Level 6. Developing strong swimming skills and learning how to stay safe occur in the higher Youth Levels.

Youth Levels	Student Learning Objectives	
Introduction to Water Skills Level 1	Upon successful completion of Level 1, the learner will be able to:	
	<ul style="list-style-type: none"> Enter and exit independently from chest deep water using ladder, steps or poolside Use arm and leg motions to float for 5 seconds on front and back with support Move around, change position, and direction in chest deep water 	<ul style="list-style-type: none"> Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water Demonstrate basic water safety rules, use of life jacket, and summoning help
Fundamental Aquatic Skills Level 2	Upon successful completion of Level 2, the learner will be able to:	
	<ul style="list-style-type: none"> Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times Float and glide on front and back unsupported for 5 seconds and change position 	<ul style="list-style-type: none"> Explore alternating and simultaneous leg kicking and arm pulling motions Perform rudimentary front and back strokes – 5 yards Explore basic reaching rescues and water safety skills
Stroke Development Level 3	Upon successful completion of Level 3, the learner will be able to:	
	<ul style="list-style-type: none"> Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules Explore rudimentary beginner, elementary backstroke, front crawl and back stroke–10 yards 	<ul style="list-style-type: none"> Explore rudimentary breaststroke Demonstrate feet first and rudimentary diving entries into deep water Explore treading water 15 sec and reverse direction of travel
Stroke Improvement Level 4	Upon successful completion of Level 4, the learner will be able to:	
	<ul style="list-style-type: none"> Identify safe diving rules Perform rescue breathing and obstructed airway procedures Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke – 25 yards 	<ul style="list-style-type: none"> Perform rudimentary sidestroke and butterfly – 10 yards Perform survival float and tread water in deep water – 2 min
Stroke Refinement Level 5	Upon successful completion of Level 5, the learner will be able to:	
	<ul style="list-style-type: none"> Describe diving board safety rules Identify symptoms of Spinal Injury and show inline stabilization techniques Refine efficient and effective front crawl, back crawl, elementary backstroke, breaststroke– 50 yards 	<ul style="list-style-type: none"> Refine efficient and effective sidestroke and butterfly – 25 yards Refine survival swimming 2 min, treading water 3 min, and underwater swimming – 5 to 10 yards
Swimming and Skill Proficiency Level 6	Upon successful completion of Level 6, the learner will be able to:	
	<ul style="list-style-type: none"> Demonstrate proficiency in front crawl and back crawl – 100 yards with turns Demonstrate proficiency in breaststroke, sidestroke and butterfly – 50 yards 	<ul style="list-style-type: none"> Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke – 25 yards Describe diving board safety rules

Adult Swim Lessons

Ages 15 and up See page 45 for lessons schedule

Fundamental Aquatic Skills Adult Level 1	Upon successful completion of Adult Level 1, the learner will be able to:	
	<ul style="list-style-type: none"> • Float and glide on front and back unsupported for 5 seconds and change position • Explore alternating and simultaneous leg kicking and arm pulling motions 	<ul style="list-style-type: none"> • Perform rudimentary front and back strokes • Explore treading water • Explore basis water safety skills
Stroke Improvement and Refinement Adult Level 2	Upon successful completion of Adult Level 2, the learner will be able to:	
	<ul style="list-style-type: none"> • Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke. • Refine efficient and effective strokes. 	<ul style="list-style-type: none"> • Increase swimming speed and distance ability. • Develop fitness, swimming and other aquatic goals with the instructor's assistance.



► Swim Lessons: Two-Week Sessions

June 3-13 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80												
							3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	7:00pm
AQUA TOTS 1												
AQUA TOTS 2												
PRESCHOOL 1							37930	37931	37932	37933	37934	
PRESCHOOL 2							37987	37988	37989	37990	37991	
PRESCHOOL 3							37940	37941	37942	37943	37944	
PRESCHOOL 4							37967		37968		37969	
PRESCHOOL 5								37970		37971		
YOUTH 1							37972		37973		37974	
YOUTH 2							37975		37976		37977	
YOUTH 3							37979		37980		37981	
YOUTH 4								37982		37983		
YOUTH 5								37984				
YOUTH 6										37986		
SWIM TEAM PREP 6-7							39191	39192				
SWIM TEAM PREP 8-9									39193	39194		
SWIM TEAM PREP 10-13											39195	

► Swim Lessons: Two-Week Sessions

June 17-27 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1			37992							37993		
AQUA TOTS 2				37995					37996		37997	
PRESCHOOL 1	37998	37999	38000	38001	38002	38003	38004	38005	38006	38007	38008	38009
PRESCHOOL 2	38010	38011	38012	38013	38014	38015	38016	38017	38018	38019	38020	38021
PRESCHOOL 3	38022	38023	38024	38025	38026	38027			38028	38029	38030	38031
PRESCHOOL 4		38033	38034	38035	38036	38037			38038	38039	38040	38041
PRESCHOOL 5		38042	38043	38044	38045	38046			38047	38048	38049	38050
YOUTH 1	38054	38055	38056	38057	38058	38059			38060	38061	38062	38063
YOUTH 2	38064	38065	38066	38067	38068	38069			38070	38071	38072	38073
YOUTH 3									38074		38075	38076
YOUTH 4										38078	38079	38080
YOUTH 5									38081			38082
YOUTH 6										38083		

July 1-11 • Seven, 30 minute lessons • Monday-Thursday *no lesson July 4th RES \$56.00/ NON-RES \$67.20												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						38084				38085		
AQUA TOTS 2		38086									38087	
PRESCHOOL 1	38088	38089	38090	38091	38092	38093	38094	38095	38096	38097	38098	38099
PRESCHOOL 2	38150	38151	38152	38153	38154	38155	38156	38157	38158	38159	38160	38161
PRESCHOOL 3	38206	38207	38208	38209	38210	38211			38212	38213	38214	38215
PRESCHOOL 4		38216	38217	38218	38219	38220			38221	38222	38223	38224
PRESCHOOL 5		38230	38231	38232	38233	38234			38235	38236	38237	38238
YOUTH 1	38239	38240	38241	38242	38243	38244			38245	38246	38247	38248
YOUTH 2	38250	38251	38252	38253	38254	38255			38256	38257	38267	38269
YOUTH 3		38395	38396	38397	38398	38399			38400	38401	38402	38403
YOUTH 4		38404	38405	38406	38407	38408			38409	38410	38411	38412
YOUTH 5			38417	38418	38419				38420		38421	
YOUTH 6					38422	38423				38424		38425

► Swim Lessons: Two-Week Sessions

July 15-25 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						38426				38427		
AQUA TOTS 2		38428									38429	
PRESCHOOL 1	38438	38439	38440	38441	38442	38443	38444	38445	38446	38447	38448	38449
PRESCHOOL 2	38455	38456	38457	38458	38459	38460	38461	38462	38463	38464	38465	38466
PRESCHOOL 3	38469	38470	38471	38472	38473	38474			38475	38476	38477	38478
PRESCHOOL 4		38479	38480	38481	38482	38483			38484	38485	38486	38487
PRESCHOOL 5		38495	38496	38497	38498	38499			38500	38501	38502	38503
YOUTH 1	38504	38505	38506	38507	38508	38509			38510	38511	38512	38513
YOUTH 2	38514	38515	38516	38517	38518	38519			38520	38521	38522	38523
YOUTH 3		38524	38525	38526	38527	38528			38529	38530	38531	38532
YOUTH 4		38533	38534	38535	38536	38537			38538	38539	38540	38541
YOUTH 5			38542	38543	38544				38545		38546	
YOUTH 6					38547	38548				38549		38550

July 29-August 8 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						38551				38552		
AQUA TOTS 2				38553					38554		38555	
PRESCHOOL 1	38556	38557	38558	38559	38560	38561	38562	38563	38564	38565	38566	38567
PRESCHOOL 2	38568	38569	38570	38571	38572	38573	38574	38575	38576	38577	38578	38579
PRESCHOOL 3	38615	38616	38617	38618	38619	38620			38621	38622	38623	38624
PRESCHOOL 4		38634	38635	38636	38637	38638			38639	38640	38641	38642
PRESCHOOL 5		38643	38644	38645	38646	38648				38649	38650	38651
YOUTH 1	38670	38671	38672		38673				38674		38675	38676
YOUTH 2	38677	38678		38679	38680	38681				38682		38683
YOUTH 3		38685	38686	38687	38688	38689			38690	38691		38692
YOUTH 4		38724	38725	38726	38727	38728			38729	38730	38731	
YOUTH 5			38742	38743					38744		38745	
YOUTH 6					38748	38749						38750

► Swim Lessons: Two-Week Sessions

August 12-22 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80										
	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
AQUA TOTS 1		38751							38752	
AQUA TOTS 2			38760					38761		
PRESCHOOL 1	38764	38765	38766	38767	38768	38769	38770	38771	38772	38775
PRESCHOOL 2	38776	38777	38778	38779	38780	38781	38782	38783	38784	38785
PRESCHOOL 3	38797	38798	38799	38800				38801	38802	38803
PRESCHOOL 4	38808	38809	38810		38811				38812	38813
PRESCHOOL 5	38814	38815	38816		38817				38820	38821
YOUTH 1	38822	38823		38824				38825	38826	38827
YOUTH 2	38828	38829		38830	38831			38832		38833
YOUTH 3	38834	38835	38836	38837	38838			38839	38840	38841
YOUTH 4	38843		38844	38845	38846			38847		38848
YOUTH 5			38850	38851				38852		
YOUTH 6				38855	38856				38857	

► Aqua Tots Twice a Week Lessons for Two Weeks

Monday & Wednesday Four 30-Min. Lessons
July 1, 3, 8, 10 RES \$40 / NON-RES \$48

Session 7	10:00am	5:00pm
AQUA TOTS 1	39211	
AQUA TOTS 2		39219

Tuesday & Thursday Four 30-Min. Lessons
July 16, 18, 23, 25 RES \$40 / NON-RES \$48

Session 10	10:00am	5:00pm
AQUA TOTS 1	39217	
AQUA TOTS 2		39226

Monday & Wednesday Four 30-Min. Lessons
July 15, 17, 22, 24 RES \$40 / NON-RES \$48

Session 9	10:00am	5:00pm
AQUA TOTS 1	39215	
AQUA TOTS 2		39228

Tuesday & Thursday Three 30-Min. Lessons
 (no lesson July 4)
July 2, 9, 11 RES \$30 / NON-RES \$36

Session 8	10:00am	5:00pm
AQUA TOTS 1	39213	
AQUA TOTS 2		39221



► Adult Lessons Twice a Week Lessons for Two Weeks

Ages 15 and up

Tuesday & Thursday Three 30-Min. Lessons

(no lesson July 4)

July 2, 9, 11 RES \$30 / NON-RES \$36

Session 3	7:30pm
Adult 1	39230
Adult 2	39233

Tuesday & Thursday Four 30-Min. Lessons

July 16, 18, 23, 25 RES \$40 / NON-RES \$48

Session 4	7:30pm
Adult 1	39231
Adult 2	39234

Tuesday & Thursday Four 30-Min. Lessons

July 30, Aug 1, 6, 8 RES \$40 / NON-RES \$48

Session 5	7:30pm
Adult 1	39232
Adult 2	39235



► Private / Semi-Private Lessons

One on one instruction is ideal for:

- The beginner
- Those who are having difficulty with a particular stroke/ technique
- Those working to overcome water phobia
- Special needs

Private/Semi-Private lessons are offered Monday through Thursday. You must register for M/W or T/TH option and must enroll for at least four lessons within a two-week period. (There will be no lessons scheduled on July 4 which may affect the number of lessons in that session).

8:50–9:20am	Mon/Wed or Tue/Thur June 17—August 8
9:25–9:55am	Mon/Wed or Tue/Thur June 17–27
5:35–6:05pm	Mon/Wed or Tue/Thur June 17–August 8

Call 425.587.3330 for availability

Registration for lessons begins March 20 • Lessons begin June 17 and run through Aug 8 • Holiday observance on July 4 no Private/Semi-Private lessons on that day.

1:1 private lesson

Resident \$40 / Non-Resident \$48 per ½ hour

2:1 semi-private lesson is for 2 children

Resident \$50/ Non-Resident \$60 per ½ hour

Special Interest Aquatics

Lifeguard Training

With Oxygen and Automatic Defibrillation

American Red Cross lifeguard training course. Successful participants will earn certifications in lifeguarding, first aid, CPR for the Professional Rescuer, oxygen administration and automatic defibrillation.

The prerequisites for this course include: 15 years or older and the ability to pass a swimming pre-test which consists of a 300 yard swim; swim 20 yards, retrieve a 10lb brick in 7+ feet of water and then carry the brick back 20 yards while holding on to the brick with both hands • TEXT BOOKS AND POCKET MASK NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, www.shopstaywell.com Item's #655735 and 658225 • First class starts at Peter Kirk Pool • Resident \$200 / Non-Resident \$240

Week 1	Tue, Wed, Thur 3:30–8:30pm	May 21–23	39268
Week 2	Wed and Thurs 3:30–8:30pm	May 29–30	



Water Safety Instructor Course

This is an American Red Cross course. Upon successful completion you will receive a certification in instructing the learn-to-swim programs for infants, toddlers, preschoolers, youth, adults, people with special needs, instructor aide training, and water safety outreach. Students must be at least 16 years old and complete a swimming pre-test before entering the course.

This course includes: Fundamentals of Instructor Training • TEXT BOOKS NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, www.shopstaywell.com Item # 651313 • First class meets at Peter Kirk Pool • Resident \$200 / Non-Resident \$240

Week 1	Sun: 9am–3pm Mon–Thurs: 4–8pm	May 19–23	39269
Week 2	Tues–Thurs: 4–8pm	May 28–30	

Special Interest Aquatics

Stroke Lessons

Become a faster more efficient swimmer! Instructors will work to assist swimmers with details and mechanics of their strokes in four 60 minute sessions!! This course is a great opportunity for swimmers to get individual stroke and technique attention, in a small group setting. Participants should be able to comfortably swim 50 yards of freestyle and backstroke without assistance.

Four 60 minute lessons
Resident \$80/ Non-Resident \$96

Ages 6-10	10-11am	Mon-Thurs June 24-27	39196
Ages 11-18	11:15am-12:15pm	Mon-Thurs June 24-27	39197
Ages 6-10	10:45am-11:45am	Friday, July 5, 12, 19, 26	39198
Ages 11-18	10:45am-11:45am	Friday, July 5, 12, 19, 26	39199

SPLASH. PEDAL. N' DASH

KIDS TRIATHLON

@ JUANITA BEACH

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Athletes participate in 50 yard swim/splash, ½ mile bike, 400 yard run.

Participants will receive a t-shirt, swim cap, and ribbon

Location: Juanita Beach
Ages 3 to 12 • Sat • Sept 14, 2013

Race begins at 11am
check in begins at 9:30am

Price: \$30.00 Plus Tax
Registration #39209

Aqua Leaders Volunteer Program

Ages 12 to 15 years

Training class, in which youth have the opportunity to develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety. Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and or Swim Instructor Aide for the Kirkland Aquatic Service Program, which continues until Sep. 2nd

Resident \$60 / Non-Resident \$70

Mon-Fri	9am-12:30pm	June 24-June 28	39210
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Deep Water PM Aquarobics

Ages 16 years and older

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise:

1. Burn Calories
2. Build Strong Muscles and
3. 60- Min of Abdominal Work.

Work-at-Your-Own-Pace! Beginners to Advanced Welcome!

Session 1: June 4-July 2 (5 weeks)

Nine, 60 min lessons • Tues/Thurs • No class 7/4
Resident \$90 / Non-Resident \$108

Tue & Thur	7:30pm-8:30pm	June 4-July 2	39223
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Session 2: July 9-Aug 8 (5 weeks)

Ten, 60 min lessons • Tues/Thurs
Resident \$100 / Non-Resident \$120

Tue & Thur	7:30pm-8:30pm	July 9-Aug 8	39224
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Session 3: Aug 13-Aug 29 (3 weeks)

Six, 60 min lessons • Tues/Thurs
Resident \$60 / Non-Resident \$72

Tue & Thur	6:45pm-7:45pm	Aug 13-Aug 29	39225
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AquaParty Youth Aquarobics **NEW!**

Ages 8 to 14 years

Get your body moving and burn calories while having fun participating in 45 minutes of water games & relay races. Think pool party with hidden cardio and physical development. Designed with kids in mind and instructed by a professional Aquarobics instructor who also works with children and teenagers. Classes will welcome 8-14 year olds who have a positive attitude, are good listeners, follow directions and enjoy working as a team. This is a FUN & structured class, not free swim. Wear sunblock and bring a water bottle.

Swimming Requirement: 25 yards or wear a flotation belt used for deep water, pool will provide.

Four-45 minute classes • No class 8/2
Resident \$48/ Non-Resident \$57.60

Fri	10:45-11:30am	June 21-July 12	39352
Fri	10:45-11:30am	July 19-Aug 16	39353

AquaBeat Teen Aquarobics **NEW!**

Age 13 to 18 years

Get in shape or stay in shape! Challenge yourself in this 45-minute Aquarobics deep water workout. Bring your Intention to Action! Your Music, Our Moves ... most of all HAVE FUN & sweat without even knowing.

Why workout in the water? Compare the estimates of land vs. water exercise.

- > Land Walking: 135 calories vs.
Deep Water Walking: 264 calories
- > Land Jogging: 240 calories vs.
Deep Water Jogging: 340 calories

Classes will welcome teenagers 13-18 years old who want to make an impact on their health. This is a FUN & structured class, not free swim. Wear sunblock and bring a water bottle.

Swimming Requirement: No swimming experience required, flotation belts will be provided.

Four-45 minute classes • No class 8/2
Resident \$48/ Non-Resident \$57.60

Fri	11:30am-12:15pm	June 21-July 12	39354
Fri	11:30am-12:15pm	July 19-Aug 16	39355